

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 49

Marine Corps Logistics Base Barstow, California

October 18, 2001

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<http://www.usmc.mil>

BARSTOW LOG
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<http://www.barstow.usmc.mil>



Photo by Cpl. Joshua Barnhardt

Hospitalman Apolinario Enguillado and Navy veteran Ernest Schelander cut the Navy birthday cake.

Sailors, veterans celebrate 226th

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The 226th Navy Birthday was celebrated by the Sailors stationed at MCLB Barstow at the Barstow Veterans Home Friday.

The program kicked off with the MCLB Mounted Color Guard presenting the colors. Led by Master Gunnery Sgt. Kim Ortamond, the mounted color guard presented the colors for the Pledge of Allegiance, the invocation by Elmon Krupnik, MCLB chaplain, and the National Anthem.

Bill Jackson, commander of American Legion Post 855, led the crowd in the Pledge of Allegiance, and Kenesha Harris sang the National Anthem.

After the colors were retired, Amy Kenneally, coordinator of volunteer services at the Barstow Veterans Home, recognized the Navy veterans who were on hand

to share the birthday with the active duty Sailors. John Heltsley, Barstow Veterans Home Administrator, also spoke on behalf of the Veterans Home and the Navy veterans who resided there.

Cmdr. Lori Carlson, director of the Branch Medical Clinics, Camp Pendleton, and Capt. Maureen Hogan, executive officer of Naval Hospital, Camp Pendleton, addressed the Navy Detachment on hand. They spoke of Navy history and the lives lost who helped lay the foundation of freedom for our country.

Then came the ceremonial cutting of the Navy birthday cake. The youngest and oldest sailors on hand each took part in the action. Hospitalman Apolinario Enguillado, and Ernest Schelander, a Navy veteran, held the knife together and made the first cut in the cake.

The program ended with the crowd singing "God Bless America" and a benediction by Richard Troutman, chaplain at the Veterans Home.

Headquarters undergoes desert landscaping

By Gunnery Sgt. John Cordero
Public Affairs Chief

A Moreno Valley landscaping company is scheduled to begin work Friday on a \$230,000 desert landscape project in front of Building 15 here.

Tony's Landscaping Co., which received the contract Sept. 17, is scheduled to finish the MCLB Barstow Headquarters Demonstration Garden by Dec. 1.

The primary purpose of the desert landscape is to demonstrate an ecological approach to landscape

design that reduces water use and maintenance for the base, according to the project plans.

The project calls for the removal of all of the current grass and most of the trees. The palm trees will remain.

More than 30 types of shrubs and six types of trees were selected for the landscape. Some of the plants include the Butterfly Bush, Prickly Pear Cactus, Desert Sage, Corkscrew Willow and Joshua Tree. Interpretive signs will also be placed throughout the garden to identify the plants.

The new landscape will conserve water and be easier

to maintain because the desert-region plants chosen require little water or care.

"We want to produce an example of an attractive desert landscaping because we want people to follow that example," said Jack L. Stormo, head of the environmental division here.

The example of saving water with an attractive landscape will also save money.

"It's scarce and very expensive, and it's getting more expensive quickly," said Stormo about water in the

FAA imposes limit of one carry-on

Compiled by
BARSTOW LOG staff

Passengers will be restricted to one carry-on bag the next time they fly, the Federal Aviation Administration said last week.

Effective immediately, the new mandate limits passengers to one carry-on per person, plus one additional personal item, such as a briefcase, laptop, or purse.

The new restriction is meant to speed up lines at security checkpoints and to give screeners more time to thoroughly check bags and passengers.

Immediately following the FAA's announcement, airlines across the country put the restriction into effect.

The one carry-on limit applies to travelers boarding all flights departing from U.S. airports for both domestic and international destinations.

The same mandate was first imposed at the reopening of Washington National Airport.

Passengers should also be aware that carry-on bags may be subject to additional screening after passing through security.

In an effort to assist travelers, the FAA also clarified its stance on items that are and are not permitted to pack in carry-on bags.

The FAA said nail clippers, safety razors (including disposable razors), tweezers, and eyelash curlers will all be permitted to pack in carry-ons.

Passengers can bring walking canes

See FAA Page 4

See DESERT Page 4

Star-Spangled Banner: *true colors shining through*

By Neil Randolph
Special to the BARSTOW LOG

I was thinking about the American Flag today. Like many people, my impression of the Stars and Stripes flows back to specific events happening in my lifetime.

The first events bringing the colors into my world occurred in my childhood. The American flag waved in and out of focus through my teenage years and mid-life events – that is until Sept. 11.

Now, I think about it daily. I first remember the flag and its presence in my life when my father campaigned for Thomas Dewey in the presidential race of '48. I remember a parade in downtown Los Angeles on some grand boulevard who's name I have long since forgotten. Everyone waving their flag and road flares from the windows of their car. The bril-

liance of thousands of red, white and blue markers of freedom waving in the ambiance and the smells of the road flares made a lasting impression on the 4-year-old.

Never will I forget the sight of the picture in Life magazine of the Marines raising the flag over the battle of Iwo Jima – a remote island in the Pacific few had ever heard of.

Never will I forget the impact of Alfred Eisenstaedt's picture of the sailor and the nurse kissing in Times Square at the end of the Second World War.

Or never will I forget how it felt when our troops returned to the states, marching down the ticker tape filled streets of America, everyone welcoming them home, waving the Stars and Stripes.

But it seems in the time after that – in the '50s and since – things got a little out of focus.

The soldiers returning home from Korea

weren't greeted with parades and parties.

And the Vietnam War presaged a bitter and decisive period for Americans – during, and long after the war.

But just as the United States has suffered and was torn by conflict, so was the flag. It was spit on, burned and torn.

And just like the great states of America, the flag survived. Perhaps it only survived because of the realization that freedom – of thought, action and person – is what the flag has always stood for.

Then came Sept. 11, tragedy so consuming it birthed a new wave of love and appreciation for the country and flag. The effects of that day have been so overwhelming they reminded many of us of things we pushed to the back of our minds long ago, and some of us of things we have long since forgotten.

The history of our national ensign has went from common knowledge to little-known facts in

the passing years.

Information like, prior to the Flag act of 1795, six different designs of the American Flag were produced and flown, no longer seems important.

And maybe it isn't. Maybe it's lost its scope and range. But other information is important.

Those former widely known – now little known – factoids about how the flag should be displayed and presented will always be important.

The Barstow Library has books on proper flag etiquette – books that list the protocol to follow when displaying the flag. In them, one would find that the American flag should never be dipped to any person or thing. One would also find that the Stars and Stripes should nevertouch anything beneath it, and it should never be carried horizontally - but should always remain aloft and free.

The national anthem of the United States of

See **FLAG** Page 4

Just doing my job ...



Photo by Sgt. Anwaar AlMoribat

Judy Mukins, Marine Corps Community Services barber, takes time to clean the tools of the trade towards the end of her workday. Mukins, a barber of three years experience, finds the most enjoyable part of her job to be the interesting conversations she has with the clientele.

Making choices

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



I have attended several ceremonies this month acknowledging promotions in rank, awards for achievement, and the receiving of diplomas for educational accom-

plishments.

It benefits our community to have these ceremonies because they publicly acknowledge the successful completion of goals set by the individuals involved.

Acknowledging this completion of goals improves our community by making others set goals for themselves. Those rewarded made an active choice to accomplish a goal.

All of us should have goals in our lives. What goal do we set for ourselves spiritually? How do we measure the success of that goal? We can and do acknowledge external accomplishments of our spiritual commitment, i.e. worship attendance, offerings, active participation with our faith

group etc.

But what about the internal?

We make an active internal spiritual choice daily by our actions.

The Bible in Joshua 24:15 says, "*But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your forefathers served beyond the River or the gods of the Amorites in whose land you are living. But as for me and my household we will serve the Lord.*"

In our choices we are revealing the spiritual goal for that day by what we think, do and say.

How do we make the proper choice in serving God daily?

We have to desire it. We have to want it. We have to be open to the leading of the Spirit of God in our lives, to the truths and teachings that God has given us through our faith. Through the combination of all these things and more, we can make the proper choice in whom we will serve. Let our goal be this day and every day to serve the Lord.

Blessings to all,
Chaplain Krupnik

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

**Confession services
before Mass**

Nebo Bible Study

Wednesday Noon-1:30 p.m.

At the Chapel Office

For more info call
577-6849.



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NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Marine Corps Ball

Join us in celebrating our 226th Marine Corps Birthday Ball at Primm, Nev., on Nov. 8.

Ticket prices are as follows: officers, civilians and guests, \$20; staff non-commissioned officers, \$15; sergeants and corporals, \$10; lance corporals and below, free; guests of lance corporals and below, \$10.

All military personnel will be allowed one guest at their rate. Additional guest will be charged the maximum \$20 rate.

Cocktail hour is from 6 to 7 p.m. and the ceremony starts directly after cocktail hour.

Dinner will be served buffet-style at 8 p.m. and consists of grilled chicken breast, baked salmon and penne pasta as the entrees. Prime rib is at the carving station. There will also be an assortment of sides and sides as well as condiments available and a desert of assorted pastries and cakes.

The uniform for this event is Evening Dress, Dress Blue "A" or "B" or Service "A." For civilians this is a formal black tie affair.

Tickets are on sale at the base duty officer's office in Bldg. 15 from 11 a.m. to 1 p.m. Mondays through Fridays until Nov. 2.

Don't be left out in the cold. Reserve a room today. Call 1-800-

FUNSTOP at the Primmadonna resort and Casino. Be sure to tell them code SMC1108 to get a great room rate. Room prices are \$25. Jacuzzi rooms cost \$119, and suites are \$129.

All room reservations must be made by Oct. 25. Also, room reservations come with a free breakfast pass on Nov. 9. Don't delay - call 1-800-FUNSTOP today.

SATO Changes

SATO Travel hours are now from 7 a.m. to 2:30 p.m. Mondays through Fridays.

SATO Travel is also no longer sending itineraries from the SATO Travel representative or travel section of the adjutant office.

However, itineraries can be viewed on the Internet at <http://www.viewtrip.com> and printed out with all flight, car rental and hotel reservation information.

For more information or for help viewing itineraries call Lance Cpl. Matthew Riley, 577-6891, or Staff Sgt. James Garza, 577-6259.

Donation leads

In response to public inquiries regarding donations in support of the relief and recovery efforts in the aftermath of the terrorist attacks on the Pentagon, the following organizations

have established assistance funds or programs.

Monetary donations to victims and/or their families may be made to one or more of the relief societies or funds below:

—The Air Force Aid Society, Suite 202, 1745 Jefferson Davis Highway, Arlington, Va., 22202. Call (703) 607-3134 or visit <http://www.asaf.org>.

—The Federal Employee Education & Assistance Fund, Littleton, Co. Send checks or money orders to: FEEA World Trade Center/Pentagon Fund, 8441 W. Bowles Ave., Suite 200, Littleton, Co., 80123-9501 or call (800) 323-4140 or (303) 933-7580 or visit <http://www.feea.org>.

—United Service Organizations. Send checks or money orders to USO, 1008 Eberle Place, S.E., Suite 301, Washington Navy Yard, D.C., 20374-5096 or call (800) 876-7469 or visit <http://www.uso.org>.

For donations of building equipment and materials contact the Pentagon Renovation/Emergency Operations Site at (703) 528-9524.

To donate volunteer services at the emergency site (e.g., rubble removal) contact the Arlington County (Virginia) Emergency Operations Center, (703) 228-7506.

To donate information technology support contact Gen Loranger at the Network Infrastructure Services Agency - Pentagon, (703) 695-3934.

To donate chaplain support contact Col. Henry Haynes, Pentagon Chaplain's Office, (703) 695-3336.

Additional information regarding donations is available at the Federal Emergency Management Agency Internet Web site, <http://www.fema.gov>.

All-ranks Monday Night Football

All ranks are invited to watch Monday night football games at the Oasis Club on the big screen.

There will be free finger foods and prizes. The doors open at 5 p.m.

Final scoring bids are taken at 5:55 p.m. For more info call Jo Yount at 577-6432.

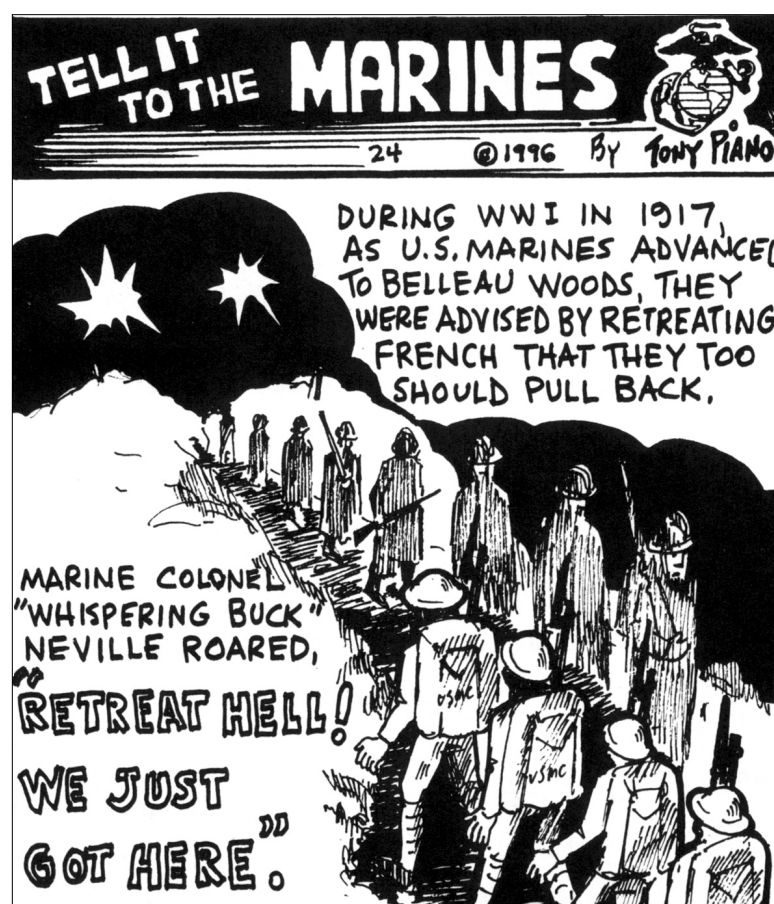
Marine Corps Ball Golf Tournament

There is a Marine Corps Ball Best Ball Golf Tournament tomorrow at the Tees & Trees Golf Course on base.

All proceeds benefit the Marine Corps Ball.

The cost is \$15 for E-1 through E-4, \$16 for E-5 and E-6, \$17 for E-7 through O-2, and \$18 for O-3 and above, including civilians.

Sign up for the event starts at 6 a.m. and the tournament starts at 7 a.m. There will be lunch of hotdogs, burgers, chips and sodas served after the event.



Anthrax in the mail

Are you screening your mail with caution?

By Cpl. Joshua Barnhardt

BARSTOW LOG staff

"If you are suspicious of a mailing and are unable to verify the contents with the sender, don't open it. Isolate it in a certain section where people can't get a hold of it. Call the postal inspector ((909) 835-4035) and the Police (911)," said Sgt. Brian Palmer, postal chief.

"Things to look for are restricted markings such as 'Personal,' the postmark city is different from the return address city, excessive postage for the type of envelope, or misspelled words such as somebody's name," said Palmer. "Other caution flags are letters addressed to a title only, such as 'The Commanding Officer,' or rigid or bulky packages where the contents can't be determined.

"Bad handwriting or bad typing on the letter, fictitious, unfamiliar, or no return address is also a warning sign," added Palmer.

These tips were provided by the U.S. Postal Service if you receive an anthrax threat by mail.

—Do not handle the mail piece or package suspected of contamination.

—Notify your supervisor, who will immediately contact the Inspection Service, local police, safety office or designated person.

—Make sure that damaged or suspicious packages are isolated and the immediate area cordoned off.

—Ensure that all persons who have touched the mail piece wash their hands with soap and water.

—The Inspectors will assess the threat situation and coordinate with the FBI.

—Designated officials will notify local, county, and state health departments.

—Designated officials will notify the state emergency manager.

—List all persons who have touched the letter and/or envelope. Include contact information. Provide the list to the Inspection Service.

—Place all items worn when in contact with the suspected mail piece in plastic bags and keep them wherever you change your clothes and have them available for law enforcement agents.

—As soon as practical, shower with soap and water.

—If prescribed medication by medical personnel, take it until otherwise instructed or it runs out.

—Notify the Center for Disease Control Emergency Response at (770) 488-7100 for answers to any questions.

DEAP luncheon

The Disabled Employees Awareness Program committee is hosting a luncheon Wednesday at 11 a.m. to 12:30 p.m., at the Oasis Club.

The luncheon is in observance of the National Disability Employment Awareness Month.

The Guest speaker is Lee Gardner, a trainer in the Canine Companions for Independence Program — a non-profit organization devoted to training dogs to be assistance aides for disabled people.

Also speaking is Susan Sorensen, Barstow Special Olympics committee.

There are also displays from the Computer/Electronic Accommodation Program.

This program is a DoD program dedicated to providing assistive technology, at no cost to the base or employee, for disabled employees.

All DoD employees are eligible for the CAP program, and all disabilities are considered.

Applications and answers on the CAP program will be available at the luncheon.

The menu is Chicken Cordon Bleu, rice pilaf, steamed vegetables or Chef salad, served with ice tea.

Everybody is encouraged to attend with supervisor's approval.

Luncheon tickets are \$7 and must be purchased by Oct. 12 from one of the following DEAP committee members:

NAME	PHONE
Colleen Donnelley	577-7303
Marva Johnson	577-6965
Randy Meyer	577-6366
Michelle Noice	577-6780
Jack Stormo	577-6937
Rick Kastner	577-6179
Luci Wais	577-6487

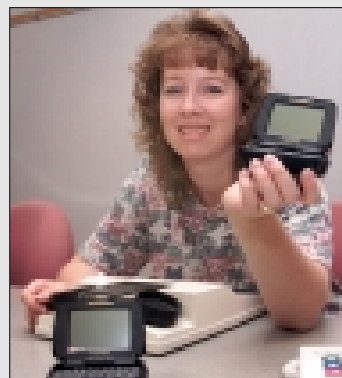


Photo by Cpl. Cory Kelly

Michelle Noice, a base computer specialist and Disabled Employees Awareness Program member, shows off some unique tools for disabled employees.

FAA from Page 1

and umbrellas on board once the items have been inspected.

Syringes are permitted on the planes with documented proof of medical need. These items will not be allowed in carry-on bags:

- Knives of any kind cutting instruments of any kind and composition.
- Corkscrews, baseball or softball bats.



FLAG from Page 2

America, if I remember correctly, is the only national anthem telling the story of a country's flag during time of war.

A national anthem created because of a flag. Only in America. Only in the land of the free could that have happened. And only the Star Spangled Banner could be that flag.

–Golf clubs, pool cues, ski poles or hockey sticks.

If in doubt about an item, the FAA is advising passengers to put the item in checked baggage.

Air travelers should also note that all electronic devices, such as cellular phones and laptops, may be subject to more stringent screening at security checkpoints.

Thousands upon thousands have died following America's banner before Sept. 11 and thousands more may die in years to come so that those of us who follow will be able to say boldly, "God bless America, the diverse population, and the flag for which it stands."

So, please join me in flying the Stars and Stripes regularly. Respect it. Display it correctly and, most importantly, treat it with care.

GUNNY'S PICKS

Week 5



Al Morales of Warehouse 401 Receiving is this week's Gunny's Picks winner. He didn't just speak for himself about his win, he spoke for his whole work section. "Just like the Rams and Oakland, we are for real and we are here to stay," said Morales.

Due to rescheduling the NFL has scheduled a game on Thursday night.

This game will not be in Gunny's Picks to give you die-hard fans more time to make your picks..

To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Red Wing of Building 15, or e-mail who you think will win each game to editor@barstow.usmc.mil.

- | | |
|------------------------------|-------------------------|
| Atlanta at New Orleans* | *St. Louis at NY Jets |
| *Baltimore at Cleveland | *Tennessee at Detroit |
| *Carolina at Washington | Denver at San Diego* |
| *Chicago at Cincinnati | Kansas City at Arizona* |
| New England at Indianapolis* | Green Bay at Minnesota* |
| Pittsburgh at Tampa Bay* | |

Monday Night

Philadelphia at NY Giants*

Total points:_____

Name, work section and phone number: _____

Monday night's game is a tie-breaker and must include a total score.

DESERT from Page 1

growing Southern California area.

One million gallons of water are used every day at Nebo, 800,000 of which is used to water lawns, said Douglas Sandford, mechanical engineer here who is heading up the project.

While Building 15's current landscape uses only a portion of the overall water used here, the new landscape is one step forward in water conservation. Four other sites are being considered for similar projects – Buildings 18, 167 and 218, and Boll Avenue and the main gate.

The landscape will not only save water and money, but it will also be better for the environment.

"It's a move to improve the water quality in the underground aquifer that provides water," said Sandford.

Water in the high desert is decreasing, said Stormo. As the amount of water in the aquifer decreases, the quality of the water declines for various reasons.

Surface irrigation is a contributing factor to the decrease and decline of water quality, according to Stormo. Most of the water used for lawns evaporates in this arid climate and is not returned to ground water. But the water that reaches ground water also dissolves metals and minerals that pollute the ground water.

Less surface irrigation results in water conservation and cleaner ground water.

Muslim Chaplain visits Iwakuni

By Cpl. Joe Lindsay

MCAS Iwakuni

MARINE CORPS AIR STATION IWAKUNI — Arabic greetings of "Assalamu Alaikum," (peace be upon you) echoed through the hallways of the Marine Memorial Center, as they do every Friday at noon before Muslim worship services begin.

This past Friday was no exception, save for the fact that a special visitor was in the midst of the station's five-member-strong Muslim community.

Navy Lt. Hussain Shaikh, Headquarters and Headquarters Squadron chaplain from Marine Corps Air Station Futenma, Okinawa, made a visit to offer spiritual guidance and support to Iwakuni service members of Islamic faith.

But Shaikh said he also had another mission in mind, to educate non-Muslims about the Islamic faith.

"Islam is a religion of peace," said Shaikh. "From Islam's perspective, the heinous crimes of terrorism which have

been committed are un-Islamic. The Qur'an says that a Muslim stays in the fold of Islam unless he kills someone unjustly. Muslims are not allowed to kill women, children and old people, and must fight only those who are fighting them."

According to Shaikh, there are many parallels between Islam and Christianity. "Judaism, Christianity and Islam are not three distinct religions," said Shaikh. "Islam is the same religion that was taught by Adam, Noah, Abraham, Moses, Jesus and Muhammad. The message was started in the Torah and the Bible and was finalized in the completion of the Qur'an. Islam, like Christianity and Judaism, teaches compassion, love, peace and submission to the will of the Creator."

Muslims here said they were thankful for Shaikh's visit. "His coming here was very important for us,"

said Cpl. Nauman Chaudary, a Karachi, Pakistan, native and H&HS motor transportation refueler. "We prayed for everyone in the world and for a good future. Islam is a religion of peace, and his coming here will hopefully show people that the wrong impression of Islam has been portrayed by the recent events."

"Just like you can't blame Christians for Timothy McVeigh, you can't blame Muslims for the World Trade Center," said Seaman Brian Leggin, dental technician and recent convert to Islam. "A terrorist is a terrorist no matter what religion they claim."

According to Leggin, being a Muslim in Iwakuni can sometimes lead to a sense of isolation.

"There are only five of us here that I know of," said Leggin. "Sometimes at the chow hall they'll accidentally put ham on my plate (Muslims are for-

bidden to eat pork) and I won't touch any of the food. But you've just got to take stuff like that in stride. All in all the base has been very accepting and supportive of our faith."

Shaikh says

religious acceptance has been his experience across the board in the military.

"The United States military is a strong supporter of religious freedom," said Shaikh. "I have never had any problems being a Muslim in the Navy. We have been very well accepted, which is what America is all about. I like to call it strength through diversity."

The Muslims of Iwakuni all said they'd have no problem defending freedom.

"This should be a non-issue," said Sgt. A.J. Salim, Iwakuni Muslim lay leader and Marine Wing Support Squadron environmental coordinator. "Nobody thought that fighting the Nazi's in World War II was akin to fighting fellow Christians. It's the same with the terrorists. They're just a group of people who are pretending to be Muslims."

"Nobody thought that fighting the Nazi's in World War II was akin to fighting fellow Christians. It's the same with the terrorists. "

— Sgt. A. J. Salim



Photo by Cpl. Joe Lindsay

Members of Iwakuni's Muslim community gather together in prayer. (Left to right) Corporal Nauman Chaudary, Seaman Brian Leggin, Cpl. Ahmed Saededdin, Sgt. A.J. Salim and Lance Cpl. Atef Moustafa.

COMMANDER'S CORNER

Maintenance Center Barstow

Why prevent accidents? Why accident prevention is important to you

By Jonathan Moore

Environmental and Safety Office

Why is it so important to prevent accidents? Do you view accident prevention as simply a way to avoid getting hurt? Do you work safely just because you want to?

Perhaps you view accident prevention as a way of keeping your company happy or your supervisor off your back. Maybe you just do it because you have been told to.

Of course there are many reasons that a company wants its employees to work safely. But everyone must have a more important reason to work safely than just because the company says to. They must have a personal reason. Your reason may be your family. What would they do if you were to get hurt. How about your hobbies? Would you still be able to enjoy them with a serious disability?

What you do for a living is nothing more than a means towards a goal that you have set for yourself. That goal may be the education of your children. You may plan to buy a home or a car.

Maybe you want to get married after you have saved up enough money. Maybe your goal for now is just to make it to Friday night and go out on the town. Whatever your goals may be, they all generally tie back in some way to what you do for a living. And what you do for a living could be seriously derailed by an accident. All your goals can go up in smoke if you are injured and disabled.

Look for what can go wrong and eliminate that possibility before your goals come to an abrupt end.

A safety program is designed to help you reach your goals. It is not there just to make your work harder, or slower, or to meet some governmental guidelines. Safety and accident prevention

programs are designed to protect you so that you may reach your personal goals. When an unsafe act is pointed out to you, it is done so to help you by eliminating obstacles or job hindrances and to insure that you get home all in one piece.

Every time you approach a project, every time you pick up a tool, every time you start a piece of equipment or machinery, think safety. Look for what can go wrong and eliminate that possibility before your goals come to an abrupt end.

Wellness Program at MCB proposed

By Ruben Fabunan

Management-Labor Partnership Committee

The Management-Labor Partnership Committee was formed to discuss matters of mutual concern and to work together to resolve Maintenance Center-wide issues. Recently this committee agreed that work force wellness needed to be addressed.

The committee knew that healthier employees have a more positive attitude, an enhanced work performance, less absenteeism, and become ill less often. Also, the Executive Steering Committee knew that investing in employees' fitness would reap a return that includes reduced absenteeism, lower levels of stress, and improved morale. As a result, the Maintenance Center Wellness Program was born.

The Maintenance Center Wellness Program is designed to help civilian employees change unhealthy behaviors and reduce their risk factors for disease. It also provides valuable health education and fitness training needed to start and maintain healthy habits.

The program is strictly voluntary and employees must be granted approval by their supervisors to participate. The Maintenance Center Wellness Program is not intended to interfere with workload requirements, but to work with it. Participants may become inactive due to workload requirements, training schedules, or other interruptions in their regular schedule.

The program will span a single six-month period for not more than one hour per day for a total of three hours per week. The three hours per week will be shared between the MCB and the employee.

Employees may use a half-hour of annual leave per day and exercise a half-hour before working hours or a half-hour after working hours and the Maintenance Center will authorize a half-hour of administrative time a day for three times a week. When authorized, all administrative time will be documented appropriately. All qualified civilian Marines are encouraged to consider enrolling in the pilot program and to discuss their participation with their supervisors.

We intend to accommodate 30 qualified applicants who gain their supervisor's approval.

Details of the Wellness Program are currently being negotiated. This is a proposed Wellness Pilot Program of six months with 30 members. If the pilot is successful, an annual six month program with 30 members will follow.

The Management-Labor Partnership Committee believes the administrative time the Maintenance Center allows in the program is a positive and solid investment in the health and well-being of its people, from which both the Maintenance Center and the individual will reap benefits.

MCB supports Army Reserves with custom painted HMMWV

By Skip Schnur

Support Business Center

In July, the U. S. Army 63rd Regional Support Command, Headquarters for all Army Reserve units in California, Arizona and Nevada, visited the Maintenance Center.

The soldiers were escorted on a tour of Maintenance Center Barstow to see what the command can provide in services and products. They were interested in a paint program for their equipment.

A week later, a request to paint one HMMWV for Army Recruiting from only a picture they provided was received. An estimate and information were sent to the Military Interdepartmental Purchase Request (MIPR) for the work.

The HMMWV was painted inside and out with gloss black and gold enamel by Cost Work Center (CWC) 749. Logos for the vehicle were fabricated by CWC 748 and CWC 749 completed the stenciling.

Army Reserve Capt. Tony Atlas, reserve operations officer at the Los Angeles Recruiting Battalion picked up the newly painted HMMWV Sept. 25. Capt. Atlas noted that he had been trying to accomplish this paint job for two years. Here the project was negotiated and finished in less than eight weeks.

This job is a direct result of MCB's communications and tour for the U.S. Army 63rd Regional Support Command, which is anticipated to be added to our customer list for FY 02.



Photos by Jay Hunsaker

Custom painted HMMWV





When carried in a procession with another flag or flags, the Stars and Stripes should be either on the marching right, or when there is a line of other flags, in front of the center of that line.



When displayed over the middle of the street, the flag should be suspended vertically with the union to the north in an east and west street, or to the east in a north and south street.



When displayed with another flag from crossed staffs, the flag of the United States of America should be on the right (the flag's own right) and its staff should be in front of the staff of the other flag.



When it is to be flown at half-staff, the flag should be hoisted to the peak for an instant and then lowered to the half-staff position; but before lowering the flag for the day it should again be raised to the peak. On Memorial Day display at half-staff until noon only; then hoist to the top of the staff.



When flags of states or cities or pennants of societies are flown on the same halyard with the flag of the United States of America, the latter should always be at the peak. When flown from adjacent staffs the Stars and Stripes should be hoisted first and lowered last.



When the flag is suspended over a sidewalk from a rope extending from house to pole at the edge of the sidewalk, the flag should be hoisted out from the building, toward the pole union first.



When the flag is displayed from a staff projecting horizontally at any angle from the window sill, balcony or front of a building, the union of the flag should go to the peak of the staff (unless the flag is to be displayed at half-staff).



When the flag is displayed in a manner other than being flown from a staff, it should be displayed flat, whether indoors or out. When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right. When displayed in a window it should be displayed in the same way.



When a number of flags of states or cities or pennants of societies are grouped and displayed from staffs with the National flag, the latter should be at the center and at the highest point of the group.



When flags of two or more nations are displayed they should be flown from separate staffs of the same height, and the flags should be of approximately equal size. International usage forbids the display of the flag of one nation above that of another nation in time of peace.

The Star-Spangled Banner

President Woodrow Wilson
Flag day, 1917

This flag, which we honor and under which we serve, is the emblem of our unity, our power, our thought and purpose as a nation.

It has no other character than that which we give it from generation to generation.

The choices are ours.

It floats in majestic silence above the hosts that execute those choices, whether in peace or in.

And yet, though silent, it speaks to us - speaks to us of the past, of the men and women who went before us, and of the records they wrote upon it.

We celebrate the day of its birth; and from its birth until now it has witnessed a great history, has floated on high the symbol of great events, of a great plan of life worked out by a great people ...

Woe be to the man or group of men that seeks to stand in our way in this day of high resolution when every principle we hold dearest is to be vindicated and made secure for the salvation of the nation.

We are ready to plead at the bar of history, and our flag shall wear a new luster.

Once more shall we make good with our lives and fortunes the great faith to which we were born, and a new glory shall shine in the face of our people.

Morning and evening colors

Morning colors is performed at 8 a.m. here, and evening colors is performed at sunset. When morning and evening colors are performed it is appropriate to stop

and face the flagpole, or the direction of the music if the flagpole is not visible, and render the proper salute if in uniform or stand at attention until the carry

on command is given. If in a vehicle during these ceremonies it is appropriate to stop the vehicle until the ceremony is complete.

*Oh, say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?*

Whose broad stripes and bright stars, thro' the perilous fight,

O'er the ramparts we watched, were so gallantly streaming.

*And the rockets red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.*

*Oh, say, does that star spangled banner yet wave
O'er the land of the free and the home of the brave?*

*On the shore dimly seen, thro' the mists of the deep,
Where the foe's haughty host in dread silence reposes,*

What is it that which the breeze, o'er the towering steep,

As it fitfully blows, half conceals, half discloses?

Now it catches the gleam of the morning's first beam,

*In full glory reflected, now shines on the stream;
'Tis the star-spangled banner; oh, long may it wave*

O'er the land of the free and the home of the brave.

*Oh, thus be it ever when freemen shall stand,
Between their loved homes and the war's desolation;*

Blest with vict'ry and peace, may the heav'n-rescued land

Praise the Power that has made and preserved us as a nation.

*Then conquer we must, when our case is this just,
And this be our motto: "In God is our trust";*

And the star-spangled banner in triumph shall wave

O'er the land of the free and the home of the brave.



By Jim Gaines
MCCS Publicity

Great buys at MCX

Shop for October sale bargains at the MCX Super Seven Store. The sale includes mens and womens clothing as well as electronics.

Drop by and browse the sale items and check out the other everyday competitive priced items.

The Exchange/Super Seven Store is open Mondays - Fridays 6:30 a.m. - 9 p.m., Saturdays 8 a.m. - 9 p.m., Sundays and holidays 10 a.m. - 6 p.m.

The Yermo Exchange is open Mondays - Fridays 8 a.m. - 3:30 p.m. During troop rotations open Mondays - Fridays 8 a.m. - 8 p.m., Saturdays and Sundays 10 a.m. - 5 p.m.

Lunch menu

Today - Nebo: Salad & baked potato. Yermo: Prepackaged salad and baked potato.

Friday - Hoki fish, green beans Almondine, steamed rice.

Monday - Beef tips & noodles.

Tuesday - Sweet & sour pork.
Wednesday - Chicken fajitas.
Thursday - Chicken tenders with seasoned french fries.

Lunch is served: Nebo - 10:30 a.m. - 12:30 p.m. Yermo 11:30 a.m. - noon.
Cost: \$3 military, \$4.50 civilians.

Family Night menu at Oasis Club
Tonight - Ultimate Italian Night.
Next Thursday - High Desert Oktoberfest.

Family Night dinners are served Thursdays at the Oasis Club in conjunction with the Oasis Club Members Night.

The hours are 4:30 - 7:30 p.m. Prices: Adults \$4.50, children five to 11 years \$2.50, children under four years are free.

TAP Briefing

A Transition Assistance Program (TAP) briefing and workshop will be held Monday through Thursday in the Blue Room at Bldg 37. The hours are from 8 a.m. to 1:30 p.m. For more information please call 577-6265.

LAST CALL TO ORDER YOUR UNIFORMS & ACCESSORIES FOR THE MARINE CORPS BALL



The Marine Corps Ball is next month. Order your uniform and accessories before it's too late.
To place your order call 256-8974.



And the winners are...

In a sudden death playoff, the team of Paul Arreola and Rick Baca took top honors in the CO's Golf Tournament held Oct. 6. Second place went to the team of Adrian Crumb and Robert Rochelle. In another sudden death playoff, the team of Jay Cassidey and Zane Smith defeated two other teams for the third place honors. Congratulations to all.

It's picnic time

Don't forget - October 26 the Child Development Center will have its annual Fall Family Picnic. Children and

their parents are invited to join the CDC staff for this fun picnic to be from 4:30 - 5:30 p.m.

Let's go bowling

Adults bowl for a buck a game. Children bowl for fifty cents a game. Shoe rentals only fifty cents. Is this a great deal or what? Children have a weekend special where they may bowl three games for a buck. With a special like this how can you not go bowling at the Bowling Center. Hours are 11 a.m. - 7 p.m. Wednesdays through Fridays, 10 a.m. to 6 p.m. Saturdays and Sundays. Closed Mondays and Tuesdays. Call 577-6264.

Football season begins

The first game of the 2001 Flag Football season starts at 5 p.m. Tuesday at Sorensen Field.

Don't miss it! Come out and support the teams. For more information call Semper Fit at 577-6898 or 577-6812.

Lowered ticket prices

ITT has Universal Studios lowered ticket prices: \$26 adults, \$25 children. Tickets good through Dec. 31.

Get 'em while they last - first come, first served. For more information call ITT at 577-6541.

Fire Prevention Week

MCLB firefighters educate youths about fire safety

Story and photos by Cpl. Joshua Barnhardt

BARSTOW LOG staff

The second week of October marked Fire Prevention Week, and the MCLB Fire Department spread the word on how people could help prevent fires in every environment they were in.

On Oct. 9, the Child Development Center visited the Nebo Fire Department. They watched an instructional video on how to prevent fires, and in the event they were in a fire, how to escape safely. They also received tours of ambulances and fire engines.

The MCLB Fire Department put on a demonstration of its training Oct. 10 at the MCLB Fire Tower.

They practiced Rapid Intervention Team drills by going into a fire and pulling out a firefighter. Each firefighter has a distress beeper with him.

The RIT is a team of firefighters designed to go in and rescue a firefighter in distress.

They follow the sound of the beep and pull the firefighter to safety. Also on Oct. 10, the Fire Department sponsored a Fire Prevention Fair at the McKinney Youth Center.

Children at the center were able to experience the smoke house, which emits nontoxic smoke, providing a realistic situation that could happen in a home. The children had to find their way out of the smoke house using tech-

niques taught to them by the Fire Department.

"The kids had a really good time in the smoke safety house," said Mary Jane Ackley, fire prevention chief.

Children were taught how to use fire extinguishers as well at the Fire Prevention Fair. They took aim at wood blocks set up on the ground and fired away with the extinguishers to knock the blocks down.

Sparky the fire prevention dog was also at the fair. He helped teach the youth of MCLB Barstow fire prevention methods.

"This is the fifth year we have held the Fire Prevention Fair," said Ackley. "We can tell the kids look forward to it because around this time each year, they start asking about it."

The Nebo Fire Department invited the MCLB community to visit them Oct. 11.

They served chili for lunch and cake for dessert. They also had hand outs on fire prevention for the patrons.

"We did pretty well with our activities," said Ackley.

Fire prevention is a big issue, especially

in the arid desert.

The MCLB Fire Department made a successful effort to educate the community on how to protect itself from creating a disaster.



Jesse Griego, firefighter, suits up to take part in the Rapid Intervention Team drills. Griego drew the job of being the firefighter in distress that the RIT had to pull out of the building.



Sean Connell climbs out of the smoke safety house after learning escape techniques.



Reanna Lawson talks with Sparky the fire prevention dog at the Fire Prevention Fair.



Lawrence Vallejo sprays a fire extinguisher at a target down range. The children at the Fire Prevention Fair were taught how to properly use fire extinguishers.

Marine takes first in NAAFBC bodybuilding competition

By Sgt. Sharon Allen
MCB Camp Lejeune

CAMP JOHNSON, N.C. — Many people spend their whole lives wishing they had the “perfect body.” In order to accomplish the goal of a “perfect body,” fitness professionals say proper diet and exercise is the recipe.

Although every individual has a different idea of what perfection is, for one Marine, hard work and dedication has brought him pretty close. In fact, seven judges gave him a perfect score, placing him first in his weight class, during a recent bodybuilding championship.

Weighing in at 143 lbs., 2nd Lt Kenya M. Harrison placed first in the bantam-weight class at the 2001 National All Armed Forces Bodybuilding Championships (NAAFBC) in Virginia Beach, Va.

“I want to motivate and educate other Marines,” said the 29-year-old

Buffalo, N.Y., native. “You have to be disciplined to do it and drug-free.”

Harrison is currently a student in the Logistics Officer Course here, and is scheduled to report to Okinawa with his wife and son in November. Harrison said that weight training is only one of the hobbies he shares with his family. He is also interested in martial arts and boxing.

Harrison has been bodybuilding for 12 years and competing for 10. After entering the Marine Corps in October 2000, Harrison’s training schedule was basically non-existent throughout Officer Candidate School and The Basic School. “The Marine Corps has motivated me to go back,” said the former eight-year Coast Guard reservist. “It inspired me to compete again and see how I’d do against the other services.”

Because of his Marine Corps training commitments, Harrison had only two months to train for the competi-



Photo by Sgt. Sharon M. Allen

2nd Lt. Kenya M. Harrison, a student at the Logistics Officer Course at Camp Johnson, N.C. does bicep curls as part of his daily workout routine.

tion. About 10 weeks before competition, bodybuilders intensify their workouts and begin dieting to reach their competition weight and body fat of about three percent. So, for Harrison the odds were against him for this competition. Prior to the competition, Harrison trained twice a day, seven days a week. He lifted weights five days a week and did some form of aerobic activity for an

hour daily, and he ate six times per day.”

“Eating has been a big challenge,” claimed Harrison who lives in temporary lodging, which posed some cooking hurdles. “The diet is so strict. There are so many things you have to avoid.” Harrison admitted he had to tote food with him and be extremely self-disciplined, especially during officer calls and other parties.

Harrison won the 1996 New York State Bodybuilding Championship. He said he hopes to eventually compete in more national events and eventually internationally.

He said he hopes bodybuilding becomes an Olympic sport so he can work toward competing in the 2004 Olympics.

Harrison offered Marines some advice regarding bodybuilding. He said they need to stay focused, disciplined and follow a strict diet.

He also suggested they stay away from energy supplements containing stimulants, such as caffeine, as they can cause dehydration and significantly increase heart rate. Harrison said he is not opposed to protein powders and weigh gainers.

The NAAFBC is not sponsored by U.S. Armed Forces or the U.S. Government, but all competitors are military members.

Please submit all Trader Ads to
editor@barstow.usmc.mil.

1997 NISSAN PICK-UP XE: 62.5 K Miles, 4-Cyl., 5 speed manual, 2 WD, A/C, P/S, AM/FM cassette, shell, and alloy wheels, asking \$6,999 or OBO. Call AWH 253-7182.

1992 JEEP WRANGLER: 4x4, black, 5 speed, soft top, after-market rims and tires, asking \$3,500, OBO. Call 252-3355 before 9 p.m.

1983 EL CAMINO: 305 Eng., Automatic transmission, A/C, power door locks, rear air shocks, C/C, camper shell, good tires and wheels, body in good cond. \$3,500. Call 255-4205 AWH.

1989 WINNEBAGO: Fully loaded, 3-door, 454 Chevy engine, tons of options, \$19,000. Call Shirley at 253-5118.

1988 FORD F-150 XLT: 4x4, V-8, automatic, power windows/locks, bed liner and cover, CD player, tinted windows, mechanically sound, needs paint, asking \$3,800 OBO. Call 252-3580 AWH ask for Joe.

1979 SUBARU BRAT P/U: Good body, runs good, needs California registration, \$400. Call 253-1981.

1969 DODGE DART: V8 auto, runs, good body no rust, \$1,600; 66 Dodge Station Wagon, V8 auto, runs good, \$1,200. Call 252-9199.

SERVICES: ATTN: LADIES, aesthetic body waxing and henna tattoos available right here on MCLB. Great rates, call for your appointment, 252-8666.

MISCELLANEOUS: Camper/ shell for 1992 Chevy. S-10 or Nissan pickup, \$50. Call 252-7582.

MISCELLANEOUS: Car parts, 440 Dodge engine, Many new extra parts, \$450; 318 Dodge engine, runs good, \$450; 4 Mustang rims aluminum, 4 lug, all \$25. Call 252-9199

MISCELLANEOUS: Child's loft bed w/side rails and homework desk underneath, red metal, \$150, OBO. Call 256-1914 AWH.

MISCELLANEOUS: Small block Chevy stock 2 barrel intake, 3 rebuildable carburetors and air cleaner \$20 for all; NordicTrack Health Rider, xlt. Cond. \$50. Call 253-5926.

MISCELLANEOUS: Awing for cars or patio, 30 plus feet long, aluminum, \$150; electric. Dryer older, works great, \$20; electric. Stove with built in microwave on top, \$170; trundle bed, like new, \$110; water bed headboard, \$15. Call 252-9199.

MISCELLANEOUS: Garrett GTA 1000 coin shooting, relic hunting, 5x11, elliptical head, easy to use, user manual and video included, \$275 firm. Call 948-5140.

MISCELLANEOUS: Cannon S400 color bubble jet printer and Mustek 600CP scanner, new condition, hardly used, \$50 for both, or \$30 ea. Call 253-5926.

MISCELLANEOUS: Alltrade 14" vertical wood cutting band saw, like new, \$150; Rockwell Model 9 wood cutting table saw, \$50, Call 253-1981.

MISCELLANEOUS: Refrigerator, Whirlpool, beige \$100; computer desk, Oak, with 7 drawers, \$125. Call 843-6682 AWH.

MISCELLANEOUS: Weed-eater, trim and edger, model XT 10, \$20; G.E. refrigerator, 18 cu. ft., white, xlt. cond., \$150; truck tire, LT 215 85 R16, \$25. Call 256-6629.

WANTED: Car pool, would like to join or establish new car pool, must have A/C and heater, Victorville area to Nebo, 5-4-9 schedule 6:30 a.m. - 2:00 p.m. shift. Call 241-8528, lv msg.

